

**LEHMAN COLLEGE
OF THE
CITY UNIVERSITY OF NEW YORK
DEPARTMENT OF HEALTH SCIENCES
CURRICULUM CHANGE**

Name of Program and Degree Award: Human Performance and Fitness, M.S. Program

Hegis Number: 1299.30

Program Code: 39966

Effective Term: Spring 2023

1. **Type of Change:** Change in Elective Courses

2. **From:**
Human Performance and Fitness, M.S. Program

Lehman College's M.S. in Human Performance and Fitness Program aims to equip students with the necessary skills and competencies required to function efficiently in the field of exercise science, and physical fitness and wellness. With personal health and fitness occupying much of our nation's attention, a graduate degree that ties together the studies of anatomy, kinesiology, physiology, sports nutrition and other related exercise science disciplines, is an excellent way to tap into a plentiful job market whose goal is the promotion of a healthier nation through exercise and fitness interventions. In addition, the program utilizes the Human Performance Laboratory, with its state-of-the-art equipment, and the additional resources of the APEX facility, including its fitness and weight training centers.

The program prepares students for careers in corporate and community fitness programs, health clubs, and similar fitness-related industries. Although the program does not fulfill teacher certification requirements, it is of particular appeal to public school teachers (primary and secondary) in health and physical education, who are required by New York State to obtain a master's degree for continued employment. Positions in sales or marketing of medical, fitness, sports supplements and sports-related equipment may also be appropriate for students with this degree. In addition, the program prepares students for doctoral programs in areas related to exercise science and to carry out research that advances the emerging body of literature in human health, fitness and performance.

Admission Requirements

The following admission requirements apply for entry into the program:

- Bachelor's degree (or its equivalent) from an accredited college or university.
- Demonstration of the potential to pursue graduate study successfully—that is, attainment of a minimum undergraduate Grade Point Average (GPA) of 3.0 in the undergraduate record as a whole and a 3.0 in courses specific to exercise

science. Extraordinary circumstances for applicants with a lower GPA will be considered on a case-by-case basis at the discretion of the program director.

- A minimum of 30 credit hours in exercise-related coursework. Those who do not meet these requirements can apply for special circumstances and admission will be considered on case-by-case basis. Viable candidates will be required to take leveling courses at the undergraduate level based on their academic background and then admitted conditionally provided they pass these courses.
- Submission of three letters of recommendation, at least two of which must be from a person directly involved in the field of exercise science, either as a professor, researcher, or practitioner.
- Submission of a personal statement of approximately 500 words indicating as precisely as possible the applicant's preparation for master's work and interest in pursuing a career in the fitness field.

Degree Requirements

Option 1: Thesis

Core Courses (18 Credits)

	Credits
EXS 501 Physical Activity, Exercise and Fitness	3
EXS 502 Advanced Exercise Physiology	3
EXS 503 Advanced Research Methods in Exercise Science	3
EXS 504 Advanced Exercise Testing and Prescription	3
EXS 505 Advanced Sports Nutrition	3
EXS 506 Applied Training Methodologies	3

Elective Courses (9 Credits)

	Credits
EXS 615 Advanced Kinesiology and Biomechanics	3
EXS 616 Advanced Motor Learning and Performance	3
EXS 626 Fitness Management and Marketing	3
EXS 665 Psychology of Sport	3
EXS 675 Independent Study Project	3
EXS 680 Selected Topics in Exercise Science	3
HEA 600 Biostatistics	3

Thesis (6 Credits)

Credits

EXS 790 Thesis Workshop 1 3

EXS 791 Thesis Workshop 2 3

Option 2: Capstone Project**Core Courses (18 Credits)**

	Credits
EXS 501 Physical Activity, Exercise and Fitness	3
EXS 502 Advanced Exercise Physiology	3
EXS 503 Advanced Research Methods in Exercise Science	3
EXS 504 Advanced Exercise Testing and Prescription	3
EXS 505 Advanced Sports Nutrition	3
EXS 506 Applied Training Methodologies	3

Elective Courses 12 Credits

	Credits
EXS 615 Advanced Kinesiology and Biomechanics	3
EXS 616 Advanced Motor Learning and Performance	3
EXS 626 Fitness Management and Marketing	3
EXS 665 Psychology of Sport	3
EXS 675 Independent Study Project	3
EXS 680 Selected Topics in Exercise Science	3
HEA 600 Biostatistics	3

Capstone Project (3 Credits)

	Credits
EXS 795 Capstone Project Workshop	3

3. To:**Human Performance and Fitness, M.S. Program**

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interventions. In addition, the program utilizes the Human Performance Laboratory, with its state-of-the-art equipment, and the additional resources of the APEX facility, including its fitness and weight training centers.

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- A minimum of 30 credit hours in exercise-related coursework. Those who do not meet these requirements can apply for special circumstances and admission will be considered on case-by-case basis. Viable candidates will be required to take leveling courses at the undergraduate level based on their academic background and then admitted conditionally provided they pass these courses.
- Submission of three letters of recommendation, at least two of which must be from a person directly involved in the field of exercise science, either as a professor, researcher, or practitioner.
- Submission of a personal statement of approximately 500 words indicating as precisely as possible the applicant's preparation for master's work and interest in pursuing a career in the fitness field.

Degree Requirements

Option 1: Thesis

Core Courses (18 Credits)

	Credits
EXS 501 Physical Activity, Exercise and Fitness	3
EXS 502 Advanced Exercise Physiology	3
EXS 503 Advanced Research Methods in Exercise Science	3

EXS 504 Advanced Exercise Testing and Prescription	3
EXS 505 Advanced Sports Nutrition	3
EXS 506 Applied Training Methodologies	3

Elective Courses (9 Credits)

	Credits
EXS 615 Advanced Kinesiology and Biomechanics	3
EXS 616 Advanced Motor Learning and Performance	3
<u>EXS 617 Advanced Training Methods for Strength and Hypertrophy</u>	<u>3</u>
EXS 626 Fitness Management and Marketing	3
EXS 665 Psychology of Sport	3
EXS 670 Research Practicum in Applied Exercise Science	3
EXS 675 Independent Study Project	3
EXS 680 Selected Topics in Exercise Science	3
HEA 600 Biostatistics	3

Thesis (6 Credits)

	Credits
EXS 790 Thesis Workshop 1	3
EXS 791 Thesis Workshop 2	3

Option 2: Capstone Project**Core Courses (18 Credits)**

	Credits
EXS 501 Physical Activity, Exercise and Fitness	3
EXS 502 Advanced Exercise Physiology	3
EXS 503 Advanced Research Methods in Exercise Science	3
EXS 504 Advanced Exercise Testing and Prescription	3
EXS 505 Advanced Sports Nutrition	3
EXS 506 Applied Training Methodologies	3

Elective Courses 12 Credits

	Credits
EXS 615 Advanced Kinesiology and Biomechanics	3
EXS 616 Advanced Motor Learning and Performance	3

<u>EXS 617 Advanced Training Methods for Strength and Hypertrophy</u>	<u>3</u>
EXS 626 Fitness Management and Marketing	3
EXS 665 Psychology of Sport	3
EXS 670 Research Practicum in Applied Exercise Science	3
EXS 675 Independent Study Project	3
EXS 680 Selected Topics in Exercise Science	3
HEA 600 Biostatistics	3

Capstone Project (3 Credits)

Credits

EXS 795 Capstone Project Workshop 3

4. Rationale:

EXS 617 (Advanced Training Methods for Strength and Hypertrophy) had been approved as an elective course in September 2019 but was not added to the bulletin. This proposal amends the oversight and adds the course to the bulletin.

5. Date of departmental approval: February 2, 2022

**LEHMAN COLLEGE
OF THE
CITY UNIVERSITY OF NEW YORK
DEPARTMENT OF HEALTH SCIENCES
CURRICULUM CHANGE**

Name of Program and Degree Award: Health Education MS Ed Program

Hegis Number: 0837

Program Code: 25951

Effective Term: Spring 2023

1. **Type of Change:** Degree Requirements

2. **From:**
Health Pre K-12 Teacher, M.S.Ed. Program

This program is designed for students seeking a master's degree in Teaching Health Education. Graduates of this program are recommended for New York State Initial or Professional Certification in Health Education (Pre K-12). Students are supervised in their fieldwork and student teaching by faculty members of the Health Education program in the Department of Health Sciences. Advisement is provided by the Graduate Program Director and faculty members of the Health Education Program in the Department of Health Sciences and/or the Department of Middle and High School Education.

Students wishing to do so may complete the degree program entirely online by taking online courses only. The online-only option is not available to students studying on an F1 Visa.

To be eligible for this Master's Program, potential students must fall into one of the following categories:

Sequence 1 (33 credits). Students who already possess New York State certification in a related area and who seek additional certification in Health Education Pre K-12.

Sequence 2 (30 credits). Students who already possess New York State certification in health education and who seek professional certification in Health Education Pre K-12.

Admission Requirements

- Possess a Bachelor's degree (or its equivalent) from an accredited college or university.
- Demonstrate the ability to successfully pursue graduate study by having attained a minimum cumulative undergraduate grade point average of 3.0 or higher.
- Three letters of recommendation and a Personal Goal Statement.
- **For Sequence 1 admission**, possess New York State teacher certification in an area other than health education.
- **For Sequence 2 admission**, possess New York State teacher certification in health education.

Degree Requirements

Students must consult with the graduate adviser in the health education program before starting their Master's Program. During their first semester, matriculated students are required to plan their graduate program with an adviser in the health education program.

Students must complete one of the two sequences outlined below:

Sequence 1 (33 credits):

For students who already possess New York State certification in another subject and who seek certification in Health Education Pre K-12. Course and credit requirements are as follows:

Required HEA courses (12 credits):

HEA 507	Human Sexuality	3
HEA 671	Teaching Strategies for Health; Psychosocial Wellness	3
HEA 672	Teaching Strategies for Health: Health Promotion Behaviors	3
HEA 673	Teaching: Strategies for Health: Disease and Disability	3

HEA electives (12)

		Credits
HEA 502	Women and Health	3
HEA 509	Drugs and Substance Abuse	3
HEA 510	Health and Aging	3

HEA 511	Perspectives on HIV/AIDS	3
HEA 627	Health Problems and Issues in Contemporary Society	3
HEA 636	Perspectives on Death and Dying	3
HEA 640	Nutrition and Chronic Diseases	3
HEA 680	Special Topics in Health	3

Special Education (3):

		Credits
ESC 506	Special Needs Education in TESOL and Secondary Settings	3
	Or	
EDS 701	Understanding Individuals with Disabilities	3

~~EDS 701: Or equivalent.~~**Student Teaching (3 credits):**

		Credits
ESC 595	Internship in Classroom Teaching	1-3
ESC 611	Teaching Internship Seminar in Secondary Education	1

~~ESC 595: For in-service teachers.~~**Master's Project (3):**

		Credits
ESC708	Project Seminar in Curriculum, Materials, and Assessment in Specialized Areas	3

Sequence 2 (30 credits):

For students who already possess New York State certification in health education and who seek professional certification in Health Education Pre K-12. The curriculum consists of 30 graduate credits. Course and credit requirements are as follows:

Required HEA courses (12 credits):

HEA 507 Human Sexuality	3
HEA 671 Teaching Strategies for Health; Psychosocial Wellness	3
HEA 672 Teaching Strategies for Health: Health Promotion Behaviors	3
HEA 673 Teaching: Strategies for Health: Disease and Disability	3

HEA electives (9)

	Credits
HEA 502 Women and Health	3
HEA 509 Drugs and Substance Abuse	3
HEA 510 Health and Aging	3
HEA 511 Perspectives on HIV/AIDS	3
HEA 627 Health Problems and Issues in Contemporary Society	3
HEA 636 Perspectives on Death and Dying	3
HEA 640 Nutrition and Chronic Diseases	3
HEA 680 Special Topics in Health	3

Special Education (3):

ESC 506 Special Needs Education in TESOL and Secondary Settings	Credits 3
Or	
EDS 701 Understanding Individuals with Disabilities	3

~~EDS 701: Or equivalent.~~**Student Teaching (3 credits):**

	Credits
ESC 595 Internship in Classroom Teaching	1-3
ESC 611 Teaching Internship Seminar in Secondary Education 1	

~~ESC 595: For in-service teachers.~~

Master's Project (3):

		Credits
ESC 708	Project Seminar in Curriculum, Materials, and Assessment in Specialized Areas	3

3. To: Health Pre K-12 Teacher, M.S.Ed. Program

This program is designed for students seeking a master's degree in Teaching Health Education. Graduates of this program are recommended for New York State Initial or Professional Certification in Health Education (Pre K-12). Students are supervised in their fieldwork and student teaching by faculty members of the Health Education program in the Department of Health Sciences. Advisement is provided by the Graduate Program Director and faculty members of the Health Education Program in the Department of Health Sciences and/or the Department of Middle and High School Education.

Students wishing to do so may complete the degree program entirely online by taking online courses only. The online-only option is not available to students studying on an F1 Visa.

To be eligible for this Master's Program, potential students must fall into one of the following categories:

Sequence 1 (39 credits). Students who already possess New York State certification in a related area and who seek additional certification in Health Education Pre K-12.

Sequence 2 (30 credits). Students who already possess New York State certification in health education and who seek professional certification in Health Education Pre K-12.

Admission Requirements

- Possess a Bachelor's degree (or its equivalent) from an accredited college or university.
- Demonstrate the ability to successfully pursue graduate study by having attained a minimum cumulative undergraduate grade point average of 3.0 or higher.
- Three letters of recommendation and a Personal Goal Statement.
- **For Sequence 1 admission**, possess New York State teacher certification in an area other than health education.
- **For Sequence 2 admission**, possess New York State teacher certification in health education.

Degree Requirements

Students must consult with the graduate adviser in the health education program before starting their Master's Program. During their first semester, matriculated students are required to plan their graduate program with an adviser in the health education program.

Students must complete one of the two sequences outlined below:

Sequence 1 (39 credits):

For students who already possess New York State certification in another subject and who seek certification in Health Education Pre K-12. Course and credit requirements are as follows:

Required HEA courses (15 credits):

	Credits
HEA 507 Human Sexuality	3
HEA 626 <u>Mental Health and the Classroom Teacher</u>	<u>3</u>
HEA 671 Teaching Strategies for Health; Psychosocial Wellness	3
HEA 672 Teaching Strategies for Health: Health Promotion Behaviors	3
HEA 673 Teaching: Strategies for Health: Disease and Disability	3

HEA electives (15 credits)

HEA 502	Women and Health	3
HEA 509	Drugs and Substance Abuse	3
HEA 510	Health and Aging	3
HEA 511	Perspectives on HIV/AIDS	3
HEA 627	Health Problems and Issues in Contemporary Society	3
HEA 636	Perspectives on Death and Dying	3
HEA 640	Nutrition and Chronic Diseases	3
HEA 680	Special Topics in Health Education	3

Pedagogy Required Courses (9):

Special Education (3):

Credits

ESC 506	Special Needs Education in TESOL and Secondary Settings <u>*or equivalent</u>	3
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Student Teaching Internship (3 credits):

ESC 595	Internship in Classroom Teaching	1-3
ESC 611	Teaching Internship Seminar in Secondary Education	1

Master's Project (3):

		Credits
ESC708	Project Seminar in Curriculum, Materials, and Assessment in Specialized Areas	3

Sequence 2 (30 credits):

For students who already possess New York State certification in health education and who seek professional certification in Health Education Pre K-12. The curriculum consists of 30 graduate credits. Course and credit requirements are as follows:

Required HEA courses (15 credits):

		Credits
HEA 507	Human Sexuality	3
HEA 626	<u>Mental Health and the Classroom Teacher</u>	<u>3</u>
HEA 671	Teaching Strategies for Health; Psychosocial Wellness	3
HEA 672	Teaching Strategies for Health: Health Promotion Behaviors	3
HEA 673	Teaching: Strategies for Health: Disease and Disability	3

HEA electives (6 credits)

HEA 502	Women and Health	3
HEA 509	Drugs and Substance Abuse	3
HEA 510	Health and Aging	3
HEA 511	Perspectives on HIV/AIDS	3
HEA 627	Health Problems and Issues in Contemporary Society	3
HEA 636	Perspectives on Death and Dying	3
HEA 640	Nutrition and Chronic Diseases	3

HEA 680	Special Topics in Health Education	3
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Pedagogy Required Courses (9):**Special Education (3):**

		Credits
ESC 506	Special Needs Education in TESOL and Secondary Settings <i><u>*or equivalent</u></i>	3

Student Teaching Internship (3 credits):

ESC 595	Internship in Classroom Teaching	1-3
ESC 611	Teaching Internship Seminar in Secondary Education	1

Master's Project (3):

		Credits
ESC 708	Project Seminar in Curriculum, Materials, and Assessment in Specialized Areas	3

4. Rationale:

NYSED requires a mental health piece for the health education curriculum. HEA 626, Mental Health for the Classroom Teacher will become a required course. Social emotional learning (SEL) is a key part of the health education curriculum, and this course will cover SEL in depth. This course has also been added to the Advanced Certificate in Health Education curriculum as an elective.

The Lehman College M.S.Ed. in Health Education program has run as a 39-credit program and was changed to a 33-credit requirement effective Fall 2021. NYSED has 30 semester hours of health content courses as a requirement to apply for certification as communicated to students in Fall 2021, which would make the 33 credits deficient in health content required by NYSED. Some students might be short health content credits so by adding this required course, HEA 626 and an additional elective, the program will now become a 39-credit program. The program must comply to all NYSED recent changes.

For Sequence 2, the change will also add the required course HEA 626, and the number of health content electives will go from 9 credits to 6 credits so that the credit hours will remain at 30 credits.

5. Date of departmental approval: February 2, 2022